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Celebrity Buzz

Rihanna cancels show in Jakarta

pg 18

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Chef Feenie dishes it out

Vancouver Olympics **One year to go**

KARI MEDIG/FOR METRO VANCOUVER

From left to right: Whistler Mayor Ken Melamed, VANOC CEO John Furlong, Swatch CEO G.N. Hayek, IOC president Jacques Rogue, Omega president Stephen Urquhart, B.C. Premier Gordon Campbell, IOC co-ordination commission chair Rene Fasel, and Federal Minister of State for Sport Gary Lunn stand at the Olympic countdown clock to mark the one year countdown to the 2010 Games.

Alberta targets gangs

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Provincial officials are putting a hit out on rising gang crime.

Promises made in the throne speech were echoed by officials yesterday, who elaborated on commitments to an impending proactive approach to gang culture and fleets of chop-shop armoured vehicles.

"We need to take a much broader perspective than just enforcement," said solicitor general spokesman Andy Weiler, detailing a new four-poster approach of prevention, intervention, awareness and action.

A summit, to be held in late spring, will bring law enforcement officials together with community leaders.

Plans are in place to "tighten rules" around vehicle modifications, like armour-plating, bulletproof glass and surveillance cameras.

Canadian gang expert and author Michael C. Chettleburgh said he feels it's time the province "put its money where its mouth is" when addressing the growing gang problem in Alberta, and focus on prevention and reintegration over prohibition.

"Virtually everything gangs are doing already is illegal anyway," Chettleburgh said. "I'm not sure what practical difference it will make."

"Virtually everything gangs are doing already is illegal anyway."
Michael C. Chettleburgh

Though bulletproofing and securing hiding spots in vehicles is prohibited in Alberta as-is, Chettleburgh said officials are turning a blind eye to chop-shops that are likely fronted and operating within the province.

Infrastructure spokesman Jerry Bellika said it's believed vehicles are being armed outside the province.

"The province needs to take responsibility for its own gang issue, and the vibrant demand for drugs, which is what's creating the growing violence in Alberta," Chettleburgh said.

Amendments to the Gaming and Liquor Act to help bar owners combat gangs were alluded to in the speech, though details won't be released until legislation is brought forward formally.

Four-legged invaders not easy to evict: Exterminator

JEFF CUMMINGS
jeff.cummings@metronews.ca

Businesses that don't deal with a mouse problem when it's first spotted can guarantee themselves a visit from a health inspector later on, says a local exterminator.

Tom Shultz, an owner with Edmonton Exterminators Ltd. on Argyll Road, says once the rodents arrive inside a building during the winter, they won't leave.

And often any mice that move inside a home or a business are often pregnant females that usually have litters of five babies that could be fully grown within five to eight weeks, he said.

"I've gone to places, including restaurants, where there are hundreds of mice in there," said Shultz who adds he's noticed the problem slowly rise in Edmonton in recent years. "It's more of a problem in the winter than in the summer."

Mystique Wendel, a health investigator who closed down a pub near the University of Alberta Tuesday, says businesses that sell food have to do a little more in preventing infestations.

"Mice can climb through holes that are the size of a nickel, so if you have holes, seal them up," said Wendal.

Doors at a Calgary Superstore yesterday were open around 9:30 a.m. after being shut down for 18 hours by health officials due to a mice infestation.

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Safehouse time for substance-abusing minors increased
New amendments to the Protection of Children Abusing Drugs Act now ensure greater care and attention to substance-abusing minors. The length of time in safehouses has been doubled from five days to 10 days, and the court order process will be strengthened. METRO EDMONTON

Local

Job losses at Grande Cache Coal

Roughly 100 workers at Grande Cache Coal will be without jobs because of the downturn in the global economy, announced the company yesterday. The company plans to cut production by 25 per cent over the next six months. METRO EDMONTON

Holler for 2010 Games countdown

SHOUT! Edmontonians are being told by Alberta's government to make some noise today at 6 p.m. to celebrate the one-year countdown to the Olympic Games in Vancouver.

City hall will ring its 23 Bell Carillon for 30 minutes and citizens are encouraged to honk their horns, ring their bells, blow their whistles or sing when the clock strikes six.

The flame at the Calgary Tower will be lit up, along with the Olympic Oval and Canada Olympic Park cauldrons. METRO EDMONTON

metronews.ca
WHAT'S ONLINE TODAY

Video Firefighters rescue lone koala from charred landscape left by Australian wildfires at **metronews.ca/world**

Video Hockey legend Guy Lafleur will stand trial for obstruction of justice at **metronews.ca/canada**

Lotteries
Lotto 6/49: 1, 6, 17, 19, 41 & 42. Bonus 31
These results are not official.

BEN LEMPHERS/FOR METRO EDMONTON

Canadian Iron Chef champion Rob Feenie gives a cooking demonstration to culinary arts students at NAIT as part of a three-day mentoring program in the first-ever Hokanson Chef-in-Residence program.

Celeb chef gets NAIT cooking

MARISSA MIDDLETON
for Metro Edmonton

NAIT culinary arts students are being given the opportunity to get a little taste of celebrity chef Rob Feenie.

Feenie will be in Edmonton mentoring NAIT students as the first Hokanson chef-in-residence. "It was a good thing for us to do in so many ways, but more importantly in terms of this whole mentoring aspect," said Feenie. "I'm just kind of reinforcing what they're doing here already, but on a much bigger scale."

Feenie was also interested in the program because it allows him to discover more about Edmonton and NAIT. "It gives me a chance to share with these guys a little more of what I do."

The chef's advice to the culinary students was to keep it simple and not to get a big head too quick. "I just want these kids to understand that cooking for me is about really loving it," said Feenie. "If you don't love it, there's just no sense doing it."

For one of the culinary students, being able to get insight from a chef of Feenie's calibre was the highlight of the demo.

"It's not everyday that you meet a chef who is somebody you look up to, somebody that you have a lot of respect for and who you're trying to be one day," said Isaac Otway.

Man charged after alleged attack on bus driver, senior

TRANSIT STOP Police have laid assault charges after a man allegedly went berserk onboard a city bus and at a bus stop late Tuesday night.

A 67-year-old man waiting at a bus stop near 104 Avenue and 101 Street was injured after he was allegedly attacked by a man shortly before 11:55 p.m., police said.

A man tried to get onboard a bus arriving at the stop during the alleged assault, but he was denied by the driver, police said.

Angry over the refusal, police say the man spat on the driver twice as he physically fought with the driver who was able to hold the man until city cops arrived.

The 67-year-old suffered minor injuries after the fight, while the driver was rushed to hospital for treatment after the alleged melee.

Jarrett Clatence Makokis, 30, was charged with two counts of assault.

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Two arrested in drug bust
Two people were charged with the production of a controlled substance and possession of cannabis marijuana for the purpose of trafficking Tuesday. **METRO EDMONTON**

Tweeting for water

JEFF CUMMINGS / METRO EDMONTON

Mack Male is hoping Twestival, a gathering of Twitter users in city, will be able to raise $4,000 to build water wells in Third World countries.

MARISSA MIDDLETON
for Metro Edmonton

Birds won't be the only ones tweeting in the city today.

Twestival is a gathering of Twitter users that aims to help raise funds for a charity that develops wells in Third World countries.

"I would have rather have supported a local charity if at all possible," said Mack Male, organizer of the Edmonton Twestival. "But I think it's great still to be able to participate and help."

The festival started in London when a group of users got together for a "tweet up" and decided that they would raise money for charity. More than 200 cities will be hosting Twestivals today.

Male estimates that there are 1,000 users in the city, but there were 29 users registered to attend.

"Realistically, it's still a pretty geeky thing to be on Twitter," he said.

Twitter is a networking and microblogging platform that allows users to get regular status or information updates (tweets) on certain individuals or organizations in 140 character text-based messages.

Between Calgary and Edmonton, Male hopes to raise at least $4,000 US, which is the starting price to build a well.

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TSX 60 / NYSE

No pay raise for federal judges
Canada's 1,000 federally appointed judges, who were seeking to push their remuneration to $307,000 by 2011, were told yesterday they must live with salary restraints similar to other public servants. The base pay for most is currently about $260,000, and the hike would have represented an 18 per cent increase. TORSTAR NEWS SERVICE

Canada

Lafleur to stand trial

A Montreal judge yesterday ordered hockey legend Guy Lafleur, left, to stand trial on charges of obstructing justice. Lafleur's lawyers tried to have the charges thrown out because police arrested Lafleur instead of issuing a simple summons, but the judge disagreed. The obstruction charges stem from conflicting testimony given by Lafleur at the September 2007 trial of his son Mark. METRO NEWS SERVICES

Tick, tock VANOC

365 days remain until 2010 Olympic Games

JEFF HODSON
Metro Canada

VANCOUVER 2010 **Games**

The final year of preparations for the 2010 Games will be "10 fold" more challenging than any year before it, VANOC CEO John Furlong said last night at an event to mark the one-year countdown to the Games.

About a hundred journalists gathered at the Whistler Sliding Centre last night to watch the Olympic countdown clock turn from 366 to 365 days remaining before the Games.

"The journey will be coming to an end and it will be the most unbelievable, magical time in the history of our province," VANOC CEO John Furlong said minutes after ringing a final-lap bell.

Today, the actual one-year mark (the Olympics begin Feb. 12, 2010), celebrations will take place across B.C. and the country as VANOC has asked all Canadians across every time zone to make noise at 6 p.m.

In Richmond, B.C., the province will mark the one-year countdown with a celebration at the Richmond Olympic Oval. And in Vancouver, Grammy-winner Sarah McLachlan headlines a sold-out countdown concert beginning at the Queen Elizabeth Theatre. The world will also get its first glimpse of the Olympic torch and torchbearer uniforms during an unveiling ceremony in Whistler.

The final year, Furlong said, will be spent testing systems and programs and "perfecting the experience" that people will have at the Games. He said he's optimistic that the sports venues are completed — and are testing well with athletes — and that major infrastructure projects, like the Sea to Sky Highway, are nearing completion. One enormous challenge that remains will be the training of tens of thousands of Olympic volunteers.

"Everything bodes well for the future of the Games."
Jacques Rogge, IOC president

International Olympics Committee president Jacques Rogge, who toured all the Olympic sporting venues yesterday, said he was pleased with VANOC's progress.

"Everything bodes well for the future of the Games."

2010 Olympic budget called into question

ANDREA WOO
for Metro Canada

COST Vancouverites will pay an unforeseen price in the years following 2010's five-ring circus, a B.C. expert is warning.

Zuzana Fromm, an economics professor at British Columbia Institute of Technology, said it's possible the provincial government will either raise taxes or cut spending from programs such as education or health care to pay for the net cost of the Olympic Games.

"The money's got to come from somewhere if they're going to keep a balanced budget and not increase the size of the provincial debt," said Fromm, who authored the 2006 report Economic Issues of Vancouver-Whistler 2010 Olympics.

Premier Gordon Campbell maintained that the province will stay within its $600-million budget; however, B.C. auditor general Arn van Iersel said the total cost will hover around $1.5 billion for the province and $2.5 billion for all of Canada.

This figure is on top of VANOC's $1.76-billion operating budget and includes items not in official Olympic estimates.

Vancouver **Olympic campaign**

KRISTEN THOMPSON/METRO CANADA

Staff at Molson's Kitsilano, B.C., brewery celebrate the unveiling of the 2010 Mural Project yesterday. Tens of thousands of photos of Canadians will be added to the giant collage ahead of the Olympics. Any Canadian of legal drinking age can upload a personal photograph at 2010muralproject.ca.

News in brief

WEATHER Despite an early season of icy ski hills and snow-covered streets, weather conditions in Vancouver and Whistler this week — one year before 2010 — are ideal for hosting the Games, according to a forecaster with Environment Canada. The Winter Olympics are held in mid-February because the weather – no matter the country — is usually benign.

VOLUNTEERS A common thread among the more than 60,000 people who applied to be volunteers during the 2010 Games is pride, according to the former Olympic athlete interviewing them. Andy Van Ruyven, who competed in the 1976 Montreal Olympics, is helping to select 25,000 volunteers to work next year's Winter Games as well as the Paralympics. METRO CANADA

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Peanut firm owner refuses to testify on salmonella
The owner of Peanut Corp. of America, the company blamed for a salmonella outbreak that may have killed eight people, refused to answer questions before Congress yesterday. REUTERS

World

Stimulus finalized at $789B

U.S. congressional negotiators yesterday reached a deal on $789 billion US in emergency spending and tax cuts, handing a big victory to U.S. President Barack Obama in his effort to pull the economy out of a steep tailspin.

Negotiators in the House and Senate overcame an apparent last-minute snag on funding to help states plug growing budget deficits and money to renovate schools that Obama had sought.

By the numbers

- About 36 per cent of the package is in tax cuts; the rest is in spending. Individuals will receive $400; couples will receive $800.
- A Republican senator said a $54-billion fund will help states plug growing deficits and modernize schools.

The huge package is aimed at reversing a deep recession and news of the compromise sent U.S. stock markets higher. A majority of negotiators approved the deal, possibly setting up votes in the House and Senate today, but the timing could slip.

Obama said in a statement the deal would help save or create millions of jobs and "provide immediate tax relief to families and businesses, while investing in priorities like health care, education, energy and infrastructure that will grow our economy once more." REUTERS

Political gridlock after Israeli vote

ELECTION Israel headed for political gridlock yesterday with both sides declaring victory in an election.

Foreign Minister Tzipi Livni's centrist Kadima party won with 28 seats, but had little chance of building enough support for a coalition. Right-wing opposition leader Benjamin Netanyahu, with 27 seats, can get the backing of the majority rightists in parliament, but analysts said the likely alliance would prove dysfunctional. REUTERS

China rejects rights suggestions

HUMAN RIGHTS China rejected calls from United Nations member countries yesterday to end the death penalty and to agree to enforce human rights including allowing independent labour unions.

But it agreed to Cuba's suggestion to ensure firm action against "self-styled human rights defenders working against the Chinese state and people" and Iran's suggestion to limit Internet "defamation of religion." REUTERS

Ex-Jay Alomar named in bombshell AIDS lawsuit

LEGAL Beloved ex-Blue Jay Roberto Alomar is alleged in a $15-million US negligence lawsuit to have insisted on having unprotected sex, while claiming repeatedly that he was disease free, his ex-girlfriend Ilya Dall, 31, charges.

"This is a very private, personal matter and I greatly appreciate all the support I have received in the past few days," the 41-year-old said in a statement late yesterday. "I am in very good health and I ask that you respect my privacy during this time."

Among Dall's more explosive allegations is that Alomar told her he'd been raped by two men while playing baseball in the southwestern U.S. when he was 17 years old.

In the papers, Alomar is said to have received positive test results in February 2006. TORSTAR NEWS SERVICE

News in brief

CONTROVERSY Nadya Suleman, the Californian mother of octuplets who has been criticized for expanding her already-large brood with fertility treatments, has gone into hiding with her six elder children because of death threats.

SANCTIONS The U.S. Treasury has imposed economic sanctions on the Maryland-based Tamil Foundation, accusing it of being a support network for the Tamil Tiger rebel group. REUTERS

Business

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Canada posts first trade deficit in years

Canada unexpectedly posted its first trade deficit in almost 33 years in December on plunging exports and weakness in the crucial U.S. market, prompting analysts to predict the days of regular multibillion-dollar surpluses were over for the time being.

Statistics Canada said yesterday that the December deficit was $460 million, the first deficit since the $79 million recorded in March 1976. Analysts had on average predicted a surplus of around $800 million after the $1.16-billion surplus in November.

The figures demonstrate just how seriously the global crisis is hurting Canada, a leading commodity producer that relies heavily on trade with the United States. They also reflect the impact of lower energy prices.

Exports plunged by 9.7 per cent to $35.30 billion — the fastest month-on-month decrease since the 14.2 per cent recorded in October 1982 — on the falling value of energy products and industrial goods. REUTERS

Business in brief

PIPELINE Regulatory delays have worsened the odds that the $16.2-billion Mackenzie gas pipeline in Canada's Far North will ever be built despite a promise of help from Ottawa, TransCanada Corp.'s chief executive Hal Kvisle said yesterday. REUTERS

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Comment & Views

Comment

The conundrum over Afghanistan

Home&Abroad

Andrew Cohen

Canada & world insight

For months, perhaps years, we have heard how the situation in Afghanistan is deteriorating.

The spread of corruption, the return of the Taliban, the ineptitude of the police, the mounting violence, as we saw again yesterday — all suggest a war that seems unwinnable in a country that seems ungovernable.

Last weekend, in Munich, representatives of NATO met to discuss the Afghan war, which has been going on since the fall of 2001.

The United States sent its vice-president, its secretary of state and its newly appointed special envoy to the region, the highly esteemed former ambassador, Richard Holbrooke.

How bad are things? This is how Holbrooke put it: "Let's not kid ourselves: The task ahead of us is far, far more difficult than anything that has been said this morning. I have never, in my experience in the U.S. government that started in Vietnam, ever seen anything as difficult as the situation that confronts the countries involved in Afghanistan and Pakistan at this point. We've only scratched the surface."

Holbrooke noted, with disdain, the members of NATO who pledge help and deliver none. In the distribution of foreign assistance, he lamented that he has "never remotely seen anything like the mess we've inherited." On the whole, he said, the challenge in Afghanistan is "tougher than Iraq."

(For these references, I am indebted to my colleague, Paul Wells of Maclean's, the only Canadian journalist to cover the conference. He has posted some of the proceedings on his blog).

What Holbrooke says is supported by Ahmed Rashid, the Pakistani journalist and author who has written widely on Afghanistan. In Descent Into Chaos, he says Iraq is a sideshow. Afghanistan is the home of the Islamic insurgency, and we're losing — though he adds that it isn't too late.

And what about Canada, which plans to leave Afghanistan in 2011? Defence Minister Peter MacKay, Canada's lone representative at the conference, offered a few platitudes, but concluded, "the Alliance has achieved notable successes in Afghanistan."

He said, though, that "we still have a long way to go." It neatly sets up the critical question for Canada as the Americans, who are sending more troops to Afghanistan, ask us to reconsider our departure.

Will we note the successes, declare victory and leave? Or will we acknowledge the failures, fear defeat, and stay?

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.

Views

Political games behind the 2010 Games

TheWestView

Paul Sullivan

Journalist & Media Consultant

The 2010 Winter Olympics are exactly one year away.

I suspect most Canadians greeted by that news will smile a little and start hoping we win lots of medals, or, if nothing else, gold in hockey.

The last time we hosted the Winter Olympics, in Calgary in 1988, we all had a good time, but Canada didn't win any gold medals.

So the excitement is starting to build across the country.

Here in Vancouver, on the other hand, you'd think we were beset by the plague.

I've never seen or heard anything like it, although it's probably the same in every city awarded the dubious distinction of hosting an Olympics. The Games have become the scapegoat for every social activist, environmentalist, anarchist, conspiracy theorist, not to mention a vast array of uncategorized unhappy campers.

VANCOUVER 2010 Games

Now that there's one year to go, that's the signal to ramp up the wailing, the gnashing of teeth.

If you're an environmentalist, it's time to get even more uncivilly disobedient over the loss of animal habitat to make way for improvements to the Sea to Sky Highway to Whistler.

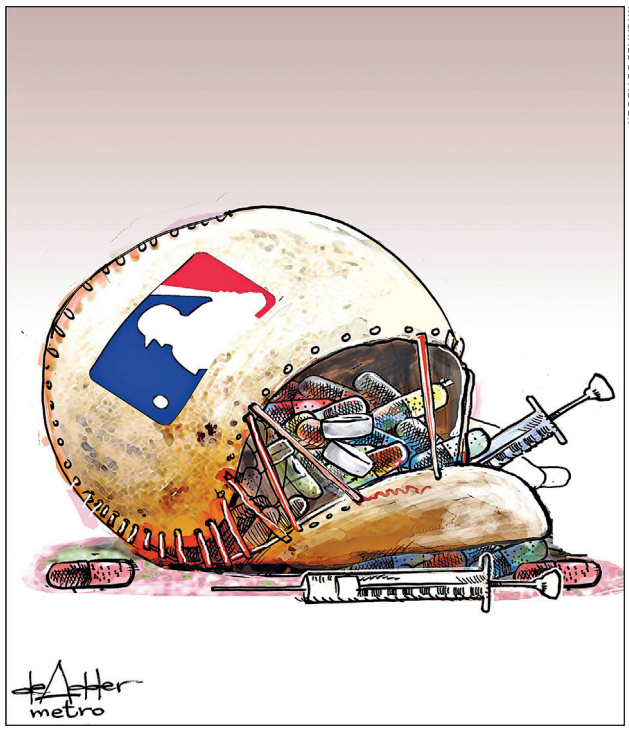
If you're a taxpayer, it's your cue to get increasingly furious that no one really knows how much the Games will cost, but you know you'll get stuck with the bill.

If you're a social activist, it's time to kick some real butt. Why haven't these billions gone to provide shelter for the homeless, help the sick and feed the poor?

Now, if only we can make it through the next 12 months. Let the pre-Games games begin.

Do you agree or disagree? Email Paul Sullivan at edmontonletters@metronews.ca.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting.



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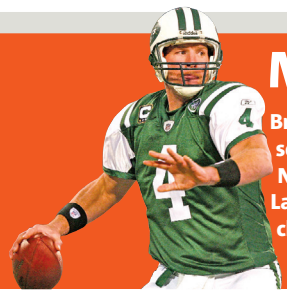
BEAUTY *at the Bay*

Walker, Whitt headed to Canadian Hall

Larry Walker and Ernie Whitt lead this year's class of inductees for the Canadian Baseball Hall of Fame. Bernie Soulliere and the late Roy (Doc) Miller will also be inducted June 20 in St. Marys, Ont. METRO NEWS SERVICES

Sports



Maybe this time it will take

Brett Favre told the New York Jets yesterday he was retiring, after 18 seasons, ending a record-setting career in which he became one of the NFL's all-time greats. He or the team does not expect a change of heart. Last March, Favre announced his retirement from the Packers only to change his mind three months later and force a trade to the Jets.

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The City of Edmonton — Edmonton Census 2009

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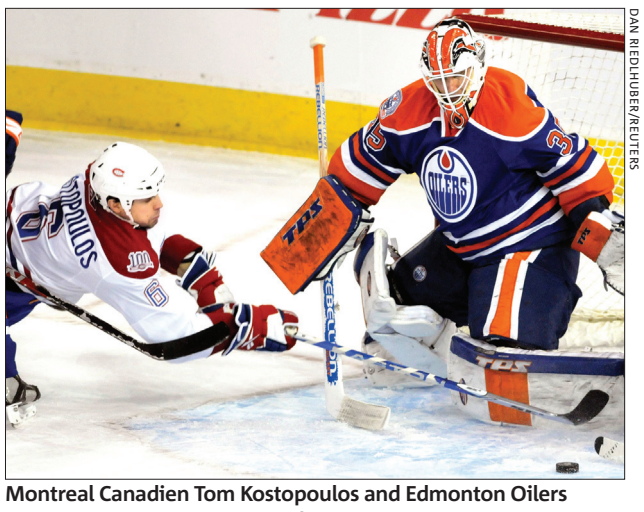
Oilers sink Habs

NHL RESULT

Canadiens 2 Oilers 7



DAN RIEDLHUBER/REUTERS

Montreal Canadien Tom Kostopoulos and Edmonton Oilers goalie Dwayne Roloson battle for a loose puck yesterday.

THE SKINNY: The Oilers jumped out to a 4-0 lead on goals by Sam Gagner, Zack Stortini, Andrew Cogliano and Ales Hemsky on the way to snapping a two-game losing streak as they sent the struggling Canadiens to their seventh-straight road loss.

THE QUOTE: "We did a lot of positive things," said Gagner, who opened the scoring on a power play less than six minutes into the game. "We wanted to get off to a fast start and we accomplished that."

THE BIG PLAY: It was already 2-0 for the Oilers when Cogliano, who'd gone 15 games without a goal, grabbed a lose puck Montreal goaltender Carey Price couldn't control and banged it into the net to make it 3-0 at 14:41.

GET SHORTY: Victimized by a pair of shorthanded goals in a 6-2 loss to the Flames in Calgary Monday, the Habs gave up another as Kyle Brodziak made it 5-1 at 11:40 of the second period.

PLUGGED IN: After managing just one goal on 18 power play attempts in the previous five games, the Oilers put three pucks behind Price while enjoying a man advantage.

GAME OVER: Defenceman Lubomir Visnovsky will have season-ending surgery to repair a torn labrum in his right shoulder today.

THE NEXT GAME: The Oilers face the Kings in Los Angeles Saturday. ROBIN BROWNLEE /FOR METRO EDMONTON

One year: 10 to watch in '10

VANCOUVER 2010 Games

One year from today, the 2010 Vancouver Winter Olympics begin. Here are 10 Canadian medal hopes to keep in mind:

Jenn Heil, women's moguls

She put Canada on the board with Olympic gold on opening day in Turin in 2006 and there'll be pressure on her to do it again in Vancouver when women's moguls once again is on the first day of competition.

Kristina Groves, long track speedskating

She's been racking up impressive results for six years now, but on a team with Jeremy Wotherspoon, Cindy Klassen and Clara Hughes, it's hard for her to get a little attention. But with Klassen and Wotherspoon both trying to come back from serious injury next year, Groves could be the team's star.

Steve Omischl, men's aerials

He's won everything else in his sport: a world title, and three Crystal Globes as the overall World Cup freestyle aerials champion.

Pierre Lueders, two-man bobsleigh

He's going to have hundreds more runs on the Olympic layout in Whistler than his competitors plus he finally has a decent budget for equipment.

Canada's curling teams

Reigning world champion Jennifer Jones is the most likely representative on the women's side, while Glenn Howard and Kevin Martin will probably battle it out among the men.

Alex Bilodeau, men's moguls

Jennifer Heil calls Bilodeau her "little brother," but this 21-year-old takes a backseat to no one. They are both coached by former freestyler Dominick Gauthier, who is also Heil's boyfriend.

Patrick Chan, men's figure skating

The world championships next month in Los Angeles will be a big stepping stone for the 18-year-old Torontonian.

Canada's hockey teams

The men will be led by NHL stars like Sidney Crosby and Jarome Iginla and should face their toughest opposition from Russia and Sweden. On the women's side, barring any big upsets it will be Canada vs. the U.S. for gold for the fourth straight Olympics.

Clara Hughes, long track speed skating

She's got two Olympic bronze medals in cycling from the 1996 Atlanta Games and a gold, silver and bronze in Olympic speed skating in '02 and '06.

Tessa Virtue/Scott Moir, ice dancing

It's felt that they've got the goods to win the whole thing in 2010, but that'll be dependent on Virtue being 100 per cent and able to put in the hard training they'll need this summer.

TORSTAR NEWS SERVICE

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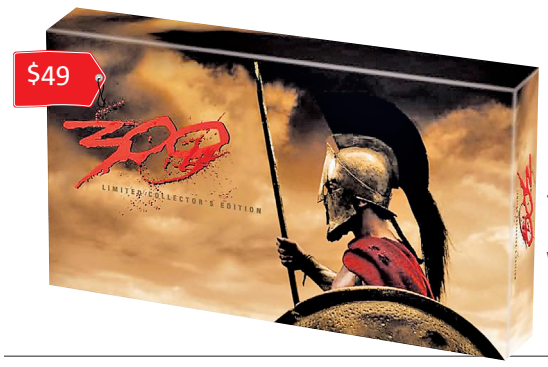
EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Sweetheart deals

Love is in the air, and nothing says love than the perfect gift to show you care on Valentine's Day. Though some may think of this day as a pseudo-holiday created only to spur commercial spending, the romantic heart likely begs to differ. Classic standbys like flowers and chocolate are always guaranteed to work, but some thought has to be given as to where you get them (stuff from the supermarket does not exactly resonate with romance). Accessories — better yet. personalized accessories — will always put you in the good book with your beloved. Then, of course, there are the more risqué items destined to heat up the Feb. 14 evening. Money can't buy you love, so here's a rundown of what can. Consider them today's aphrodisiacs.

PHOTOGRAPHY AND TEXT BY PEPPER RODRIGUEZ
EDITED BY METRO

Above: A rose by any other name: Have your rose and eat it, too, with a sweet treat from Bernard Callebaut.



left: Blood ties: Make it a bloody Valentine with this gore-filled retelling of the Battle of Thermopylae, now packaged in a deluxe multi-disc set complete with movie art book. The 300 collector's edition DVD box set can be found at HMV.

Above: Be her prints charming: Bring out the inner playmate in your partner with this sexy sheer, two-piece floral print slip. At La Senza.

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If you have questions about your wedding day, send them to Gay at askgay@bridalfantasy.com.

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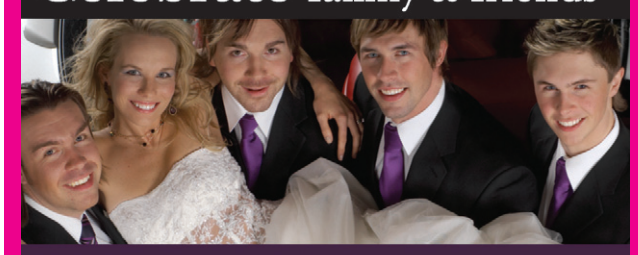

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From homestead to lovestead

Inviting beds to deep reds top ways to set up your home for the big day

HomeScape

Sylvia Putz

metronews.ca/homescape

To help us celebrate romance, that wonderfully ardent emotional attachment we get when we are in love, we count on Valentine's Day. It often means a fancy meal at home with flowers and chocolates, or in a restaurant, complete with a beautifully set table, candles and a sweet dessert to symbolize the sweetness you feel for that special someone.

But what happens on the day after Valentine's Day? Or after 20 years of marriage? Does romantic love fade away or get lost in the rush of daily living? It certainly can, but it doesn't have to. Romance should be a state of mind, something we strive for in a small way every day.

Decor in your home is one way to emphasize romance throughout the year. Remember that romance has a lot to do with the senses: Smell, taste, what you see, what you hear, and what you touch. So think about decor in the same way.

Romantic decor speaks to the senses, but it's also about introducing warmth and sensuality into your decor. A clean minimalist look with hard edges and surfacing is not romantic, while lots of draped fabric and curved spaces adds warmth and a nod to the human enjoyment of the sensual. For example, throws, pillows and blankets of rich textures, such as a thick brocade, a nubby linen or velvet, look and feel romantic; they invite you to touch. In fact, anything that feels glorious against naked skin is pretty sensual, like a faux fur rug in front of a fireplace, for example.

Draped fabric in deep hues can bring some romance home.

Deep colours that radiate warmth, such as reds, rich purples, deep oranges and browns are warm and inviting. Metal fixtures in a coppery, bronzed or gold colour work better than stainless steel and silver chromed finishes. Red and pink are of course also associated with Valentine's Day, and no wonder. These colours symbolize true love that comes from the heart. Pink is also hot for similar reasons, but also because it speaks to flushes, cheeks, lips — you get the idea.

And while we're speaking of these things, consider the bedroom. The bed is usually the focus of this room, but if you want romance, use lots of fabric and make the bed as inviting as you can. Hanging sheer fabric from the rails of a four-poster bed emphasizes the bed in a lovely way. A coronet canopy (curtains of fabric usually drawn back over a fabric backboard) of a thick, luxurious brocade at the head of the bed has a similar effect. Shirred fabric panels installed over the ceiling or on a wall is another way to introduce warmth and softness.

Valentine's Day

Fireplaces are romantic in any room, and candles do the same thing. They add that delicious warmth and orangey-yellow light that is so flattering. Flowers are also romantic, for the simple reason that they are beautiful to behold and they can smell heavenly. Scented candles with a delicate scent (not too overpowering please) can add a romantic touch, as can soft and relaxing music. The occasional small chocolate treat to pleasure the tongue is never unwelcome by most people I know.

Finally, I want to wish you all a wonderful Valentine's Day, and remember to keep those romantic feelings flowing throughout the year!

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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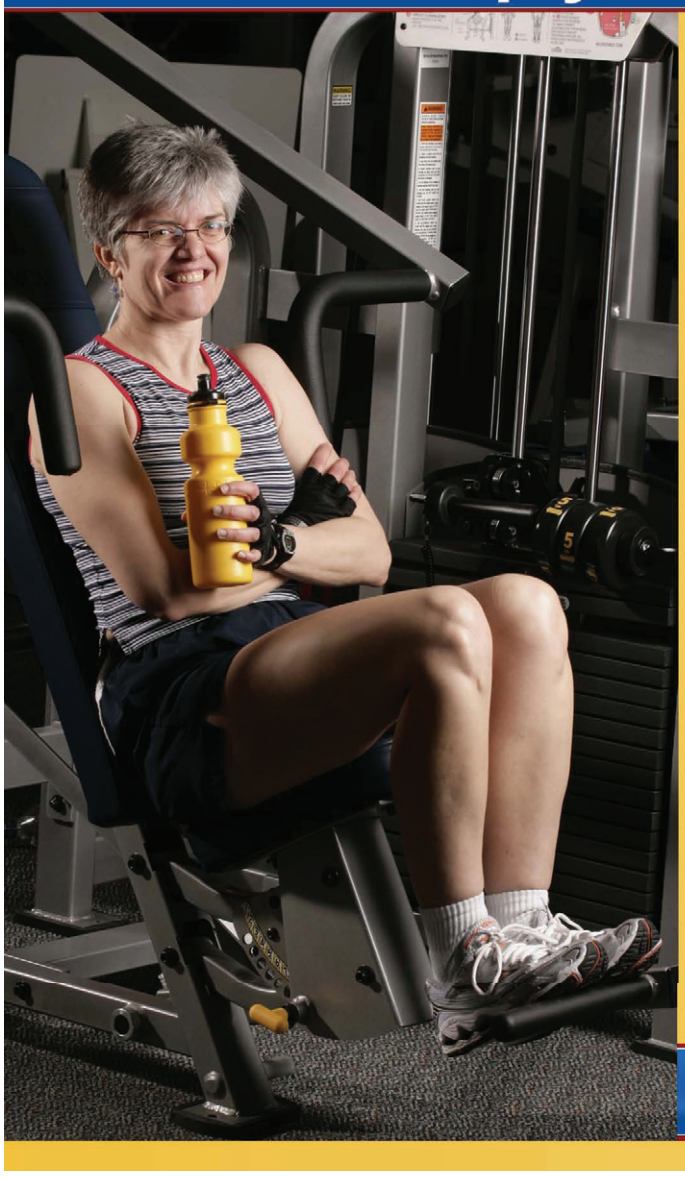

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell
liquidassets@eastlink.ca

Bubbly love

Here's a question for all the guys out there. Are you ready for Valentine's Day? I'm betting most of you aren't. Since it's on a Saturday this year there's no excuse for you not to whip up a little brunch in bed for your sweetie accompanied by a glass of some liquid passion.

For me there's no sexier beverage than sparkling wine. The sad part is that bubbly has such an iconic association with New Year's Eve that it's hard for way too many of you to see it as anything other than a rare occasion sipper.

We should all be drinking them more often if for no reason other than they are super food friendly. Whether Beluga caviar, cheese-smothered nacho chips or a plate of eggs and hash browns; a sparkler's pairing potential is unlimited.

When it comes to romance in a glass nothing beats a fizzy rosé and the easy-drinking **Freixenet Cordon Rosado Brut** ($12.95 - $14.59) from Spain is an inexpensive charmer with a relaxed dry cherry flavour.

If you're all about the fruit Chile's **Fresita** ($14.50 - $18.55) is infused with the essence of real strawberries. It's a candied, red berry bomb that's wildly addictive and screams Happy Valentine's Day.

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Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Love by any other name: Chocolate

À la carte

Barb Holland
Metro Food Writer

Ah, Valentine's Day is quickly approaching and to moi, that means a bit of indulgence and, of course, chocolate.

The good news: Yes, there has been a growing body of credible scientific evidence that chocolate contains a host of heart-healthy and mood-enhancing phytochemicals (women know the mood-enhancing part). Cocoa beans are rich in flavanols, natural compounds with antioxidant properties found in red wine, purple grape juice, green tea, cinnamon and dark bittersweet chocolate (to name a few).

However, the more a cocoa bean is processed, the less of these potent flavanols are present.

There is a lot of chocolate out there, but the best bang for the nutrition buck is dark chocolate with at least 60 to 70 per cent cocoa.

Heart Healthier Fudgy Brownies

February is also Heart Month, so in that vein, here is a recipe that satisfies the chocolate-calling voice and is lower in fat and calories. Low fat unsweetened cocoa powder adds a depth of chocolate flavour and ripe banana provides moistness and texture with just a hint of banana flavour.

INGREDIENTS:
- 1 oz (30 g) good quality bittersweet chocolate, chopped
- 2 tbsp (30 ml) butter
- 1 cup (250 ml) granulated sugar
- 1/2 cup (125 ml) mashed ripe banana (1 large banana)
- 1 egg
- 1 tsp (5 ml) vanilla
- 1/2 cup (125 ml) all-purpose flour
- 1/4 cup (60 ml) unsweetened cocoa powder
- 1/2 tsp (2 ml) baking powder
- 1/4 tsp (1 ml) salt

METHOD:
Preheat oven to 350°F (180°C). Spray sides of an 8-inch (20 cm) square baking pan. Line bottom and two sides with parchment paper (to make a parchment paper sling for easy removal).

Combine chocolate and butter in medium glass bowl. Microwave at Medium for 1 minute or until butter is melted. Stir until chocolate is completely melted. Stir in sugar, then mashed banana until blended. Beat in egg and vanilla until smooth.

In a smaller bowl, combine flour, cocoa, baking powder and salt; stir into chocolate mixture until dry ingredients are completely moistened. Spread evenly in prepared pan. Bake 25 minutes or until toothpick inserted in centre comes out clean.

Cool pan on wire rack 10 minutes. Run spatula around edges, carefully lift parchment paper sling of brownies to wire rack to cool completely. Cut into 16 squares.

Nutritional information per square: Calories: 106; Fat: 2.8 g; Carbohydrate: 20 g; Protein: 1.25 g; Fibre: 1 g.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Valentine's Day

This recipes satisfies the chocolate craving but is lower in fat.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Turkey Meatball Soup

INGREDIENTS:
- 3 cups (750 ml) sodium-reduced chicken broth
- 2 green onions, sliced
- 1each rib celery and carrot, sliced
- 1/4 tsp (1 ml) each pepper and dried thyme
- 1 sweet red pepper, chopped
- 1 cup (250 ml) vermicelli egg noodles
- 1/2 cup (125 ml) frozen peas, thawed

Turkey Meatballs:
- 1 egg
- 1/4 cup (50 ml) grated onion
- 1/4 cup (50 ml) grated Parmesan cheese
- 2 tbsp (25 ml) minced fresh parsley
- 1/4 tsp)1 ml) each salt and pepper
- 1 lb (500 g) lean ground turkey or veal

METHOD:
Meatballs: In bowl, combine egg, onion, Parmesan cheese, parsley, salt and pepper; mix in turkey. Shape by 1 tbsp (15 ml) into balls. Bake on greased baking sheet in 400°F (200°C) oven until digital thermometer inserted in centre of several reads 165°F (74°C), about 15 minutes.

Meanwhile, in large saucepan, bring broth and 3 cups (750 ml) water to boil. Add green onions, celery, carrot, pepper and thyme; reduce heat, cover and simmer for 10 minutes.

Add red pepper, egg noodles and meatballs; simmer, covered, until pasta is al dente, about 5 minutes.

Add peas and heat through.

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Valentine's Day

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

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#9 Fun and games

Visit: chapters.indigo.ca
This Scrabble Heart Edition ($19.99 SRP) is available at Chapters Indigo.

#10 Happy times

Visit: timex.ca
Timex Crystal Collection watch ($120). At The Bay and Sears.

#11 X-rated treat

Visit: xratedfusion.com
X-Rated Fusion Liqueur ($35.55 SRP). Perfect with champagne, or over ice.

Hot accessory
Stay up to date on news and fashion with the HP Mini 1000 Vivienne Tam Edition digital clutch, $799.99. Available at Best Buy. **KIM ELBO/FOR METRO CANADA**

Style

A fragrance that says it all

Send an intimate message to your sweetheart this Valentine's Day with Gapbody's unisex, proactive scent, The Lover ($42). It is a velvety apricot-fused scent with shimmering mint leaf and sexy patchouli notes. The understated, elegant bottle comes inscribed with the fragrance's name and its meaning: "The Lover: 1. An individual who thrives on human connection. 2. A person who desires another. 3. Someone motivated by their heart. 4. One who is consumed with passion." METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Paint the town red

Valentine's**Day**

Besides it being one of spring's hottest emerging colours, throw on a little rouge in celebration of Valentine's Day.

METRO NEWS SERVICE

Red scoop-neck T-shirt, Smart Set, $14.

Printed scarf, Old Navy, $14.50.

Synthetic leather purse with heart lock and key charm, Aldo, $45.

Red blouse, Le Chateau, $69.95.

Trench coat, Smart Set, $75.

BCBG red bow clutch, $205.

Town Shoes label, patent leather $125

Elsa Peretti lacquer bangle, Tiffany & Co., $485,

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com

Don't forget to plan the little details this Valentine's Day

Style **File**

Kim Elbo

kim.elbo@gmail.com

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Country Lace
Designer: Lily & Jae
Price: bra $40, panties $36
hotboxbc.com

Naughty Dots
Designer: Third Floor Designs
Price: bra $48, panties $38
thirdfloordesign.com

Bedroom Mix Up
Designer: Freya
Price: bra $120, panties $65
ferrisinternational.ca

Underwear

If you're planning a romantic weekend don't forget the details. What you wear under the dress is just as important as the dress itself. Keep things simple and sweet and match your floral or heart dress with a floral or heart bra and undie set. If you're not into the girly frills of flowers and lace, then ease into something like boy shorts and subdued polka dot patterns.

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Cover girl

Michelle Obama is making history again — by becoming only the second first lady (the first was Hillary Clinton in 1998) to appear on the cover of Vogue magazine. Obama was photographed by Annie Leibovitz for the cover. **PEOPLE.COM**

Entertainment

Most bankable

Will Smith has been named the most bankable star in Hollywood. The actor topped Forbes.com's Star Currency list, which ranks stars according to their financial power at the box office. **FEMALEFIRST.CO.UK**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Lily Allen is irresistible

EMI MUSIC PHOTO

It's Not Me, It's You — the second album from British pop sensation Lily Allen — was released this week.

Lily **Allen**

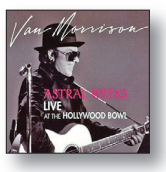
Album: It's Not Me, It's You
Label: Capitol/EMI
Rating: ●●●½

A POTTY-MOUTHED singer with the voice of an innocent school-girl, it's hard not to find Lily Allen appealing. She opens her second album with the dance-grooved Everyone's At It, a surprising condemnation of our pharmaceutical culture. Isn't this the same girl who just last month said cocaine was "no problem?" But it's this conniving flightiness that is so irresistible, especially when she's taking a non-judgmental look at conspicuous consumption (The Fear), discoursing on god (Him), or having a pleasant chat with the former president (F*** You). Lily also has some interesting ideas about sex, actually expecting to receive as much as she gives, both in quantity and quality. It's all right there with a synth-pop-country (yes, that's a banjo) flavour on Not Fair, even more so on the nasty Never Gonna Happen.

Graham Rockingham/for Metro Canada

Van **Morrison**

Album: Astral Weeks Live At The Hollywood Bowl
Label: Listen To The Lion/EMI
Rating: ●●●



VAN MORRISON'S MYSTIC masterpiece, Astral Weeks, has long been considered a musical landmark. Recorded in 1968, it's swirling vocals, improvisational themes and acoustic virtuosity broke acres of new ground. It was quite unlike anything that came before or after. So why then has Mr. Morrison released a live version? Not to make the lyrics any more clearer. Although his poetry is kindly documented in the liner notes, Morrison's mumble remains impenetrable. This live version is close, but no substitute. Which makes you wonder if Morrison released it more for business reasons, than artistic ones.

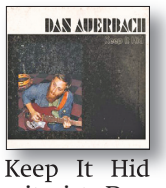
Graham Rockingham/for Metro Canada

Music**Reviews**

music@metronews.ca

Dan **Auerbach**

Album: Keep It Hid
Label: Nonesuch Records
Rating: ●●●½



CHOP THE BLACK Keys in half, and quiet ballads head-butt raucous, raw bluesy-rock. Keep It Hid frees singer-guitarist Dan Auerbach from his band's constraints, allowing for Raconteur-ish experiments with layered guitars, upright bass, keyboards, banjos and a crowd of friends and family. Some of the best moments in the album come through transitions between songs. The quiet acoustics of Trouble Weights a Ton contrasts with sludgy rockers like I Want Some More or The Prowl, as Auerbach uses sequence to play with tempo and atmosphere. In one head-nodding progression, mellow burner Keep it Hid butts against the shuffling My Last Mistake before rocketing to When I Left the Room's psychedelia and Street Walkin's Hendrix-influenced stomp. Mash-up!

Rob McMahon/for Metro Canada

Read additional reviews and listen to this week's reviewed music by following links at metronews.ca/music

ED	C		B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/12/09	2	CFRN	239	318	etalk	Hollywood	ER "The Family Man" (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	3	KHQ	-	370	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER (N)
	4	CBXT	-	307	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	6	KREM	-	372	News (N)	Hollywood	The Doctors (N)		Survivor: Tocantins		CSI: Crime Scene Invstgtn.		Eleventh Hour
	7	CKEM	241	347	Law & Order: SVU		Hell's Kitchen		Ugly Betty (N)		30 Rock	30 Rock	Your City
	8	CITV	240	339	ET Canada	Entertainment	The Unit (N)		Survivor: Tocantins (N)		The Office (N)	Kink in Hair	News Hour
	11	OMNI	-	-	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	12	CBXFT	119	705	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (N) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Practice
	16	KAYU	-	373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	The 40th NAACP Image Awards (HDTV)				News (N)
	19	CHTV	-	-	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	2009 Orange British Academy Film Awards				News (N)
	22	KSPS	-	374	NewsHour With Jim Lehrer		NW Profiles	Carnegie Hall	Poirot "Incredible Theft"		New Tricks		Soundstage (N)
	24	WTVS	-	364	Ask This Old	Michigan	6 Days and	Conquistadors (DVS)		Summer Wine	Tavis Smiley	Charlie Rose (N)	
news	15	CBCN	502	-	CBC News: The National		Living City: A Critical Guide		CBC News: The National		CBC News: The National		Living City:
	21	TWN	505	398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500	500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501	391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504	508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
sports	20	TSN	400	400	Westminster Kennel Club Dog Show			SportsCentre (HDTV) (Live)			NASCAR Racing: Sprint Cup -- Gatorade Duel		
	23	net	408	418	Best Damn Sports Show		Flames Conn	NHL Hockey Calgary Flames at Los Angeles Kings. (Live)					Sportsnet Con.
	47	SPEED	417	406	NASCAR Racing Sprint Cup -- Gatorade Duel at Daytona. (HDTV)							NASCAR Victory Lane (HDTV)	
	94	SCORE	410	403	Basketball	NBA Basketball Boston Celtics at Dallas Mavericks. (Live)					Score Tonight		Final Score
family	9	EDACC	267	351	Truth, Duty, Valour		Wife Swap (N)		Eleventh Hour (HDTV) (N)		(10:02) Private Practice (N)		Truth, Duty
	14	YTV	552	543	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach
	17	TREE	553	546	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555	545	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*The Matrix* ★★★ (1999)	
	45	FAM	557	541	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
cable variety	-	TVA	121	714	TVA 18 heures	Le Cercle (SC)	Histoires-filles	Star Académie:	La Classe de 5e (HDTV)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures
	18	CMT	575	583	Reba	Reba	Hope & Faith	Hope & Faith	Ult. Coyote Ugly Search		Home Improve.	Home Improve.	Reba
	25	A&E	615	520	The First 48 (HDTV) (N)		The Beast (HDTV) (N)		The Beast (HDTV)		The First 48 (HDTV)		The First 48
	26	MMM	571	581	AC/DC	Revival	Confessions of a Teen Idol		Listed		Party of Five "Naked"		Confessions
	29	FOOD	603	561	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge		Unwrapped
	31	SHOW	617	522	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Grandma's Boy*
	32	DISC	520	505	Machines of Malice		MythBusters		Daily Planet		Deadliest Catch		Machines
	33	SLICE	601	562	Last 10	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Sp
	34	W	602	567	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine
	35	TLC	521	560	Street Customs (HDTV) (N)		Heli-Loggers (HDTV) (N)		Street Customs (HDTV)		Heli-Loggers (HDTV)		Overhaulin'
	36	BRAVO	620	523	*Metal: A Headbanger's Journey* (2005)			Manitowapow	Law & Order		Without a Trace		*Picture Claire*
	38	SPIKE	628	584	TNA iMPACT! (HDTV) (N)				CSI: Crime Scene Invstgtn.		DEA Busting up a stash house.		Real Vice
	40	HIST	522	506	Deep Wreck Mysteries		NCIS "Hung Out to Dry"		Ancestors	Ancestors	Lost Worlds		Engineering
	41	COM	626	547	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	43	SPACE	627	528	Star Trek: Voyager		Zombiemania		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	44	WPCH	294	650	Friends	Friends	*Domestic Disturbance* (2001, Suspense)			Family Guy	Family Guy	Seinfeld	*Domestic*
	46	OLN	411	457	Mantracker		Dog the Bounty Hunter		Survivorman		Mantracker		Bounty Hunter
	48	TROP	619	525	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	50	STAR	621	527	Creepiest Couples		The Tonight Show-Jay Leno		TMZ	etalk	The View (HDTV)		Couples
	52	HGTV	600	564	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	65	TLN	700	800	(6) *Un Amore Americano* ★		Raymond	Raymond	George Lopez	George Lopez	The Sopranos "D-Girl" (SS)		Paid Program
	92	APTN	269	350	Suaangan	Wapos Bay	By the Rapids	renegadepress	*Divine Secrets of the Ya-Ya Sisterhood* ★★ (2002, Comedy-Drama)				
	93	VISION	261	394	*Kiss Me Goodbye* ★★ (1982, Romance-Comedy)				Poltergeist: The Legacy		*Made in Heaven* ★★ (1987, Fantasy)		
	100	MTV	581	566	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live	After	Making the Band 4		Hedsor Hall
	101	MM	570	580	America's Best Dance Crew		Punk'd	Punk'd	Video on Trial	Video on Trial	Punk'd	Punk'd	Video on Trial
	102	CPAC	512	396	(6:30) Primetime Politics			Revue	Question Period		Prime.-Politics	Primetime Politics	
	103	VIVA	526	507	Most Haunted		*Passion*	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	106	RDI	126	730	Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal

critics'corner

Metal: A Headbanger's Journey
Is it the devil's music? Does it drive impressionable teens to commit violent crimes and suicide? In this documentary, anthropologist and self-described metalhead Sam Dunn turns his camera on heavy metal and the people who make it to explore the myths surrounding this musical genre and its hold on fans. Alice Cooper and the guys from Black Sabbath, Twisted Sister and Rage Against the Machine are among those interviewed. 7 PM on BRAVO

The Office
Take note: You can always learn something in Utica. Michael and Pam (Steve Carell, Jenna Fischer) are continuing their tour of the branches when Michael takes a lesson from their visit to the Utica branch. Meanwhile, Jim and Dwight (John Krasinski, Rainn Wilson) try to fulfill their party planning duties among a very grumpy staff. Then Angela's (Angela Kinsey) new cat causes a commotion. 10 PM on CITV KHQ

Romeo and Juliet stokes knife fears

THEATRE The director of a production of Romeo and Juliet at Shakespeare's Globe Theatre in London consulted police chief on Wednesday over fears that free shows for 10,000 teenagers may unwittingly glamorize knife crime.

Bill Buckhurst discussed the violent plot with Metropolitan Police Commander Steve Allen.

"The play contains scenes where two young men die from rival families and the director wanted to involve police because of comparisons with current real-life situations in terms of knife crime," a spokesman for the theatre said.

He said the play that runs from March 9-13 at the rebuilt open-air theatre on the banks of the River Thames in London is a special educational production. The plot will not be altered but the director will take on board police recommendations about the use of knives to make sure the production is not seen to glorify violence.

"We wanted to raise awareness and wanted to handle the subject responsibly," the theatre spokesman said. **REUTERS**

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he's just *not* that into you

In Theatres February 6

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Paris sees the light ... er, Twilight

Paris Hilton finally gets all the fuss about the movie Twilight. She recently saw the hit film and is now smitten with Robert Pattinson. "Now I understand all the hype. I just didn't get it before, but now it all makes sense," Hilton told E! News. METRO NEWS SERVICES

Celebrity Buzz

Courtney's moving to London

RELOCATION Courtney Love is moving to the U.K., femalefirst.co.uk reports. The former Hole singer is growing tired of life in Los Angeles and is planning to buy a house in Britain for her and daughter Frances Bean, 16.

Courtney said: "Buckinghamshire is where I want to go. I read Country Life magazine every week. I'm fed up with Los Angeles. It's full of crazy people. People criticize Britain but it's still a cleaner, safer place to live than Hollywood." However, Courtney, who's also looking at London properties, will only move if arch-rival Madonna remains in her native America, where she has been since splitting from director Guy Ritchie.

She added to Britain's Daily Star newspaper: "Madonna had better stay the hell away from London when I move here to live. There's no room for us both."

METRO NEWS SERVICES

Harry's in hot water yet again

BEHAVIOUR After putting his foot in his mouth with comments about a Pakistani army officer, Prince Harry is now under fire again for another racially insensitive remark, having apparently told a comic, "You don't sound like a black chap," people.com reports.

Harry, allegedly attempting to be funny, delivered the line in November, when black comedian Stephen K. Amos performed at Prince Charles' 60th birthday party. Amos spoke about the incident this week on a U.K. chat show. At the time, recalled Amos, "I wanted to say, 'How is I supposed to sound?'"

Reaction to the exchange has been strong. "Many young people will be disgusted by his remark," said Naomi Byron, national secretary of Youth Against Racism in Europe, reports the U.K.'s Daily Mirror.

"But it is not just Prince Harry that is at fault. The aristocratic, rich circles he moves in obviously don't have a problem with this kind of racist stereotyping."

METRO NEWS SERVICES

Rihanna cancels Jakarta concert

FALLOUT Rihanna's concert scheduled in Jakarta today has been cancelled, the show's tour promoter has announced — citing "an assault case involving Rihanna's boyfriend," singer Chris Brown, people.com is quoting published reports as saying

Rihanna, 20, withdrew from performing at the Grammys on Sunday — the same day Brown, 19, was arrested and charged with making a criminal threat. He was subsequently released on $50,000 US bail.

On Tuesday, her show in Malaysia was similarly cancelled. The Jakarta cancellation marks the second time Rihanna has pulled out of a concert in the Indonesian capital. In November, the show didn't go on after the Australian government issued a travel warning in the wake of the executions of the three men convicted of the 2002 Bali bombings. People.com is also reporting that new details have emerged about the midnight altercation between Brown and Rihanna that led to Brown being booked on a felony criminal threat charge on Sunday.

"Chris knocked her around," a source close to the couple tells People magazine. "Black eye, blood, bruises. She had to be treated by a doctor."

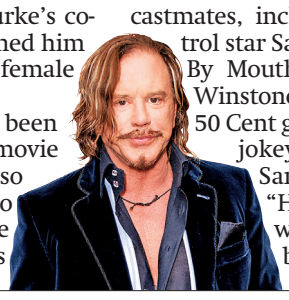
The site also alleges a police source has confirmed to People the singer suffered a black eye as well as "a swollen split lip and two red and purple contusions on either side of her forehead."

The website continues by saying the source, who described police photos of Rihanna, added, "She looked distraught and in a lot of pain. Her eyes were closed because she was looking down." METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Rourke's new nickname: Half Day Mickey

ANTICS Mickey Rourke's costars have nicknamed him Half Day Mickey, female first.co.uk reports.



The actor has been working on new movie 13 but had to take so much time off to promote The Wrestler that his castmates, including Control star Sam Riley, Nil By Mouth actor Ray Winstone and rapper 50 Cent gave him the jokey moniker. Sam revealed: "He was always jetting back and forth so we called him Half Day Mickey. "He'd always p— off and do whatever it was he was meant to be doing somewhere else.

"I think he really feels lucky and he's just milking it for all its worth. And good on him."

METRO NEWS SERVICES

Surgery prep procedure leaves Usher's wife in grave condition

ILLNESS Usher's wife reportedly suffered cardiac and respiratory arrest during a liposuction operation, femalefirst.co.uk is reporting.

Tameka Foster was due to undergo the cosmetic surgery at Sirio-Libanes Hospital in Sao Paulo, Brazil, last Friday but fell seriously ill when she was being anesthetized for the procedure.

She was then induced into a coma for 24 hours, and is now said to be recovering, the gossip website alleges. A spokesman for the hospital refused to comment on the allegations published by Brazilian news website G1, saying: "The family has demanded total privacy. The hospital is barred from giving any information."

Usher cancelled concerts in the U.S. and rushed to his wife's side as soon as she fell ill. METRO NEWS SERVICES

Josh Groban says he's 'perpetually single'

DATING Fans may swoon over his soulful singing, but Josh Groban is still unattached, intouchweekly.com reports. "I seem to be perpetually single," the baritone bachelor said at a recent MusiCares Tribute. METRO NEWS SERVICES

Dane stays mum on co-star rumours

DEPARTURES With rumours swirling that Katherine Heigl and T.R. Knight are leaving Grey's Anatomy, Ellen DeGeneres tried to get answers out of co-star Eric Dane when he stopped by her show. But Dane remained mum. METRO NEWS SERVICES

Jessica's 'so happy' with new curves

IMAGES During Jessica Simpson's first live TV appearance since her much-scrutinized weight gain, usmagazine.com reports, the singer said of her new curves: "Honestly, I am right where I'm supposed to be. I am so happy." METRO NEWS SERVICES

Clooney said to be dating Bhutto niece

ROMANCE Actor George Clooney is reportedly smitten with Fatima Bhutto, 26, the niece of slain Pakistani leader Benazir Bhutto. The two met at an international conference last year, according to the National Enquirer. METRO NEWS SERVICES

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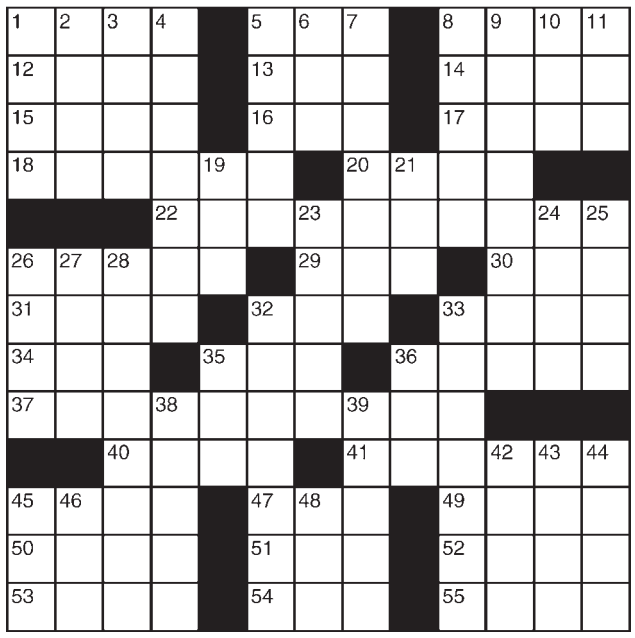
Today Some clouds -11 C / -20 C
Friday Some clouds -13 C / -24 C
Saturday Some clouds -16 C / -26 C

BT BREAKFAST TELEVISION

Michele McDougall, Weather Specialist & Host – Breakfast Television
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS AT 6 AM**

Take Five



Crossword across

1 Seed covering
5 Shrill bark
8 State with conviction
12 Conflagration
13 Leading lady
14 Bygone VHS alternative
15 Oriental nursemaid
16 Scratch
17 St. Louis landmark
18 Call a spade a shovel?
20 Price
22 Woman of letters?
26 Horsey laugh
29 The whole enchilada
30 Gear tooth
31 Benedict XIV, e.g.
32 Expert
33 Enthusiastic
34 Tackle the comestibles
35 "Whadja say?"
36 Wise lawgiver
37 Staff-meeting prop, often
40 Options list
41 Render defenseless
45 Leno's prominence
47 Pi follower
49 Otherwise
50 TV clown
51 Pinch
52 Exploding star
53 Crystal gazer
54 Collection
55 Agcy.

Crossword down

1 Somewhere out there
2 Frost
3 Persia, now
4 English Channel port
5 Mocha's country
6 Actress Gardner
7 Fabric used for sheets
8 Disconcert
9 Upright
10 List-ending abbr.
11 "Go, team!"
19 Wrestling surface
21 Pussycat's partner
23 Topped chip
24 Not "for here"
25 Big Apple cardinal
26 Jet forth
27 Ancient mariner?
28 Make as good as possible
32 Moderate brown shades
33 Unexpected blessing
35 Coop denizen
36 — Lanka
38 Choir member
39 Take as one's own
42 Burn soother
43 Answer an invite
44 Vegan's no-no
45 Couric's employer
46 Weeding tool
48 Waste not a moment

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5				1				8
	1				9	3	5	
	6		2	7				
	3					5		
1		5				2		4
		7					6	
				6	8		2	
	2	3	1				4	
9				4				5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

		O	F	F			S	O	P					
	E	P	E	E		U	P	P	E	R				
T	R	I	E	D		N	U	T	R	I	A			
W	I	N	D	O	W	D	R	E	S	S	E	R		
O	N	E		R	O	U	N	D		I	R	E		
			R	A	R	E			E	N	I	D		
	B	R	I	S	K		B	I	N	G	E			
S	E	E	M			T	O	N	E					
A	R	M		T	R	A	M	S		L	O	B		
W	E	A	T	H	E	R	B	U	R	E	A	U		
	T	I	E	R	E	D		R	A	T	T	Y		
		N	E	E	D	Y		E	G	O	S			
			D	E	Y			D	E	N				

5	9	2	4	8	7	1	3	6
8	3	6	5	2	1	9	4	7
7	1	4	6	3	9	8	5	2
3	5	1	8	4	2	7	6	9
2	7	8	9	5	6	3	1	4
6	4	9	7	1	3	5	2	8
9	6	3	2	7	5	4	8	1
1	8	7	3	6	4	2	9	5
4	2	5	1	9	8	6	7	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Sizzling Beef Fajitas

INGREDIENTS:
1/4 cup (50 ml) fresh lime juice
1 tsp (5 ml) chili powder
3/4 tsp (4 ml) oregano
3/4 tsp (4 ml) ground coriander
1/4 tsp (1 ml) black pepper
12 oz (375 g) well-trimmed beef sirloin
2 large onions, thickly sliced
2 large red peppers, cut lengthwise into flat panels
1/4 cup (50 ml) minced cilantro
4 flour tortillas, about 7 in. (18 cm) each
4 cups (1 l) shredded romaine lettuce
1/4 cup (50 ml) sour cream

METHOD:
1. Combine lime juice, chili powder, oregano, coriander and black pepper in medium bowl.
2. Place beef in shallow bowl and spoon 2 tbsp lime mixture on top; turn to coat both sides. Let stand while broiling vegetables.
3. Preheat broiler. Spray broiler pan with non-stick cooking spray. Place onions and pepper pieces, skin-side up, on broiler pan. Broil 4 in. (10 cm) from heat until peppers are charred and onions are golden brown, 10 minutes. Remove, and when cool enough to handle, peel pepper and thickly slice. Add peppers and onions to lime juice mixture in bowl. Add cilantro and toss.
4. Broil beef to medium, 8 minutes, turning once. Let stand 5 minutes, then thinly slice. Broil tortillas until lightly browned, 15 seconds per side.
5. Place beef, peppers, onions, lettuce, sour cream and tortillas in serving containers. Let each person fill his or her own tortilla.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Use humour with a new admirer. A puzzling professional will create an amusing invention. Tread softly around an ailing person.

TAURUS
APRIL 21-MAY 21
Protect yourself when dealing with legal issues. Don't push your ideals in a war between rookies. A person makes an insensitive comment.

GEMINI
MAY 22-JUNE 21
You must be patient with unreliable people. It's not a good time to make light of serious problems. A comical grumbler will set a date with you.

CANCER
JUNE 22-JULY 22
Guidance comes to you in unusual ways. Don't announce your intentions to strangers. Make sure that that your reality check doesn't bounce.

LEO
JULY 23-AUG 23
Avoid snooping and being too serious. An irritated friend is especially sensitive to teasing today. Something that happens will astound you.

VIRGO
AUG 24-SEPT 22
You'll get a surprise if you forgot something. Don't be unnerved by a strange event. Frustration with obsolete rules won't be eased by fighting.

LIBRA
SEPT 23-OCT 23
Someone's admiration gives you some pleasure. You need to think about what went wrong. Relationship decisions perplex you and cause delays.

SCORPIO
OCT 24-NOV 22
A blissful guy makes you a tantalizing offer. A funny girl gives you a helping hand. A man has something valuable to share.

SAGITTARIUS
NOV 23-DEC 21
Independence is more important when procedures change. Don't delay fixing damaged equipment. Unexpected events keep you hopping.

CAPRICORN
DEC 22-JAN 20
Today's miserable moments will soon be forgotten. Kindred spirits will meet your challenges. You'll be enthusiastic when amazing things unfold.

AQUARIUS
JAN 21-FEB 18
Accept a kind invitation from an encouraging friend. Be sincere when praising somebody. Financial plans must be adjusted as soon as possible.

PISCES
FEB 19-MARCH 20
You can be sure that your hard work will build up a project. Think hard before refusing an invitation. Slow down before making decisions.

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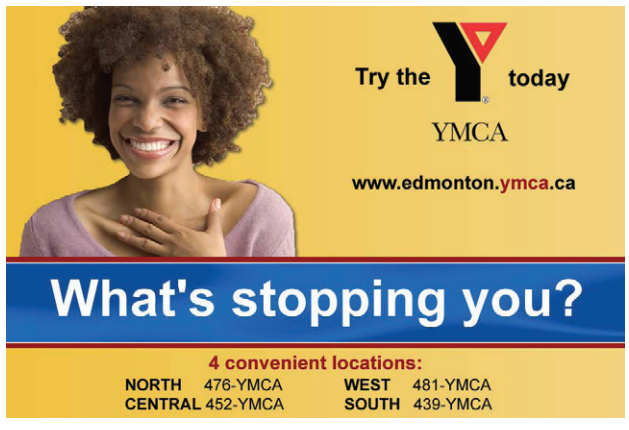
- Arthritic Conditions
- All muscle, tendon, ligament, nerve and joint injuries

Assessment and Treatment Centre for Musculoskeletal Disorders

This day in history

FEB. 12, 1870: Women gain the right to vote in Utah Territory.
FEB. 12, 1909: The National Association for the Advancement of Colored People (NAACP) is founded.
FEB. 12, 1934: The Austrian Civil War begins.
FEB. 12, 1990: Carmen Lawrence becomes the first female Premier in Australian History when she becomes premier of Western Australia.
FEB. 12, 1999: President Bill Clinton is acquitted by the United States Senate in his impeachment trial.
FEB. 12, 2000: Charles Schultz's famous comic strip Peanuts prints its last comic.

METRO NEWS SERVICES



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